

Functional Behavioral Assessment

A service available through the Level One and SELF Waivers

A Functional Behavioral Assessment can help you understand why you do the things that you do. It is meant to help someone who sometimes does unsafe actions when they feel upset or stressed or sometimes without knowing why.

Start with Service Planning

The first step to planning for services is to get a good idea of what you need help with right now. Your county board of developmental disabilities uses a few different assessment tools to get to know you. These assessments help your service and support administrator (SSA) identify what services, equipment, or supplies you may need.



A Functional Behavioral Assessment is an assessment not otherwise available under the Medicaid State Plan to determine why a person behaves the way they do and how these actions relate to their environment.

The assessment describes the relationship between variables that contribute to human behavior. A Functional Behavioral Assessment may provide information to develop a theory of why a person acts the way they do, when they may behave a certain way, and where these actions may or may not be likely to occur.



Talk with your SSA about what you need

Discuss the needs you have right now with your SSA. Talk about how your needs are being met now, what needs are not being met, and what is or is not working for you.



Think about what else you need help with

Your SSA can talk with you about supports available through local programs, by using technology, or from other resources that can help meet the needs from your assessment.



Find out what works for you

Discuss services, equipment, or supplies that can help meet needs from your assessment. Your service plan should include specific information about the services and supports that work for you.